



City of Newton, MA

INVEST IN YOURSELF

Health and wellness newsletter for employees

UPCOMING EVENTS

CHAIR YOGA

FEB. 2

WEAR RED DAY

FEB. 10

CPR/AED CLASSES

FEB 15, 16,

MARCH 1

Are you interested in a 5:15 p.m. Pilates class at City Hall? If so, email wellness@newtonma.gov

Have an idea for an employee wellness program? Let us know!

QUESTIONS?

Email Invest in Yourself wellness@newtonma.gov

Newton Department of Health & Human Services
1294 Centre Street
Newton, MA 02459
T: (617) 796-1420
F: (617) 552-7063

CPR/AED: AN OPPORTUNITY TO LEARN

An Automated External Defibrillator (AED) is an easy-to-use, automated device which delivers a life-saving electric shock to the heart to restore normal heart rhythm during sudden cardiac arrest.

Sudden cardiac arrest is most often caused by an abnormal heart rhythm called ventricular fibrillation that prevents the heart from effectively pumping blood. Treatment is defibrillation, the delivery of an electric shock to the heart that allows a normal rhythm to resume. Survival rates increase the earlier the shock is delivered.

Public access AEDs are available in many public buildings and are meant to be used by a trained bystander if someone collapses from a possible heart problem. AEDs are designed for easy use by

non-medical personnel.

Look for the AED in your workplace. Nearly all municipal buildings have one or more.

Reported survival rates from ventricular fibrillation cardiac arrest are as high as 74 percent in places where immediate CPR is provided and an AED delivers the first shock within three minutes of collapse.

In honor of February Heart Month, the City of Newton is raising awareness about AEDs.



Family & Friends CPR/AED Courses **For City of Newton Employees**

This course is approximately two hours. It does not provide a certification card you might need for a second job or volunteer position, but it does teach you what you would need to know about performing CPR and using an AED during an emergency.

You must sign up to participate!

wellness@newtonma.gov or (617) 796-1420.

Feb. 15 (Wed) 10 a.m. to 12 noon,

Druker Auditorium, Library

Feb. 15 (Wed) 2 p.m. to 4 p.m.,

Druker Auditorium, Library

Feb. 16 (Thurs) 1 p.m. to 3 p.m., Elliot St. Utilities

Mar. 1 (Thurs) 1 p.m. to 3 p.m., Crafts St.

You must have permission from your supervisor to participate if you are scheduled to work.

DONATE FOR WEAR RED DAY FEB. 10

The City of Newton Go Red for Women Day will be Friday, Feb. 10. In exchange for a donation to the American Heart Association, employees may wear jeans and will receive a token of appreciation from the AHA. **Stop by Human Resources to participate today!**

To dispel the myths that heart disease only affects men, and raise awareness of heart disease as the number one killer of women, the American Heart Association created *Go Red For Women* – a passionate, emotional, social initiative designed to empower women to take charge of their heart health. For more information, visit www.goredforwomen.org



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February 2012

FITNESS CLASSES AT CITY HALL

Chair yoga will continue to meet on Thursdays in February. The class runs from 12:05 to 12:45 p.m. in Room 222. The cost is \$20 for February.

Zumba meets for one hour on Thursdays at 5:15 p.m. in War Memorial. Sign up to participate when the next session starts. Can't make Thursday nights? Tell us what night

would be better!

Looking ahead, are you interested in a City Hall Pilates class? Let us know what day and time would be good.

Do you have another idea for a fitness class? Email wellness@newtonma.gov to make a suggestion or sign up for any of the fitness classes.

Make 2012 the year of a healthier you!

LIFE'S SIMPLE SEVEN FROM THE AHA

In a world full of challenges to our health and well-being, it can be difficult to find the time and resources to take care of ourselves—and those we care about. Do you wish that you could make a heart-healthy difference, today, —for yourself, your colleagues, and your loved ones, but you aren't sure where to begin?

Start right now—with Life's Simple 7 and the My Life Check Assessment from the American Heart Association. These free online tools can help individuals to privately evaluate their heart health, learn more about seven risk factors for heart disease, and take action to make simple changes that can both im-

prove quality of life and save lives.

1. **Get active.**
2. **Control cholesterol.**
3. **Eat better.**
4. **Manage blood pressure.**
5. **Lose weight.**
6. **Reduce blood sugar.**
7. **Stop smoking.**

Learn about these 7 risk factors, and how to take small steps toward controlling risk. Share the Simple 7 with everyone you know:

www.mylifecheck.heart.org/



ROASTED RED PEPPER PATRIOTS PARTY DIP

Ingredients

4 red peppers, sliced open with seeds and ribs removed
3-4 garlic cloves
1/4 cup part skim ricotta cheese
1 tablespoon olive oil
2-4 tablespoons crumbled feta cheese

Instructions

Set oven to 500 degrees.

Put the peppers on a cookie sheet in the oven. Roast until skins are blackened, about 30 minutes. Put them in a plastic container and put the lid on (this will make the skins come off more easily).

After 5 minutes, peel off and throw away the blackened skin. Set peppers aside until cooled.

Put the roasted peppers, garlic, ricotta cheese and olive oil in the bowl of the food processor and process until smooth.

Put in a small bowl and top with the feta cheese. Serve with Blue Corn chips to show off your red and blue Patriots Super Bowl spirit!

Dip only nutrition information:

8 servings; 43 calories each 36g serving (26 calories from fat); 2.9 g total fat; 4 mg cholesterol, 38 mg sodium, 3.0 g carbohydrates (1.3 g sugars); 1.7 g protein.

Recipe from the Massachusetts Department of Public Health Mass in Motion program.